



# Shepherd's Stew

A twist on the family classic - rich lamb mince stew served over creamy chive mash and paired with sautéed veggies. Turn into a pie if preferred!

 30 Minutes

 2 Servings

 Lamb

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve :	49g	36g	67g

## FROM YOUR BOX

MEDIUM POTATOES	3
LAMB MINCE	300g
SHEPHERD'S PIE SPICE MIX	1 tub
BROWN ONION	1
CELERY STICK	1
CHOPPED TOMATOES	400g
CARROT	1
CORN COB	1
CHIVES	1 bunch

## FROM YOUR PANTRY

oil for cooking, butter, salt, pepper

## COOKING TOOLS

large frypan, saucepan

Turn this dish into a traditional Shepherd's Pie if you prefer!

### Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

Shepherd's Pie Spice Mix: cinnamon quill, bay leaves, dried oregano, thyme, ground paprika, garlic



### 1. COOK the Potatoes

Peel and chop **potatoes**. Place in a large saucepan and cover with water. Bring to a boil and cook for 15 minutes or until soft. To drain, see step 5.

**tip** *Peeling the potatoes gives you a smoother mash!*



### 2. BROWN the Mince

Heat a large pan with **oil** over medium-high heat. Add **mince** and cook for 5 minutes while breaking up lumps with a spatula. Stir in **spice mix**.

**tip** *You can add everything to the slow cooker once the mince is browned!*



### 3. ADD the Vegetables

Dice **onion** and **celery**. Add to pan as you go. Cook for 3-4 minutes then stir in **chopped tomatoes**, **1 cup water** and simmer, semi-covered, for 10 minutes.

**tip** *You can add the corn kernels and carrot in here if you prefer!*



### 4. Saute the Veggies

Meanwhile, cut **carrot** into sticks and **corn** into cobs. Cook, covered, in a pan with **1/2 cup water** for 5 minutes or until tender to your liking.

**tip** *Serve the carrot sticks raw if your family prefers!*



### 5. Mash the Potatoes

Reserve **1/3 cup cooking water** before draining **potatoes**. Return to pan and mash with **1-2 tbsp butter**. Season with **salt and pepper**. Chop **chives** and stir through **mash** to taste.

**tip** *Replace cooking water with milk for a creamier mash!*



### 6. FINISH AND SERVE

Serve **shepherd's stew** over **creamy mash** at the table with a side of **veggies**. Top with **any remaining chives** to taste.